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BEATING THE BOYS BACK INTO SHAPE

LEAFS COACH RANDY CARLYLE PUTS TEAM THROUGH A MINIATURE TRAINING CAMP COMING OFF THE OLYMPIC BREAK

PAGE 21

Trudeau eats crow over Ukraine joke

Liberal leader goes all-out to make amends with the Ukrainian people as rivals heap on the scorn PAGE 7

No man is an island, but there is one for every man

And woman, of course — it all depends on what type of vacationer you are PAGE 14

Imagine there's no BuzzFeed, it's easy if you try

Paul Sullivan suffers through a modern pastime: a 'Which Beatle are you?' quiz PAGE 11

That text could cost 20¢ ... or $280

Distracted driving.
Better a high fee than ultimate price: Minister

The fine for drivers caught using handheld devices will rise to $280 on March 18, up from $155.

The increased fine was hailed as a great idea by Transportation Minister Glen Murray.

"Distracted driving is one of the fastest-growing causes of death," he told reporters Tuesday, noting the province's own package of changes, possibly including demerit points, is coming soon.

The total payable amount of $280 is based on a $225 fine plus a $50 victim surcharge and $5 for court costs.

The government wants to tackle distracted driving with penalties and attitude changes in the same way that new laws and public-relations campaigns turned the tide on drunk driving, said Murray.

The Insurance Bureau of Canada said late last year that drivers talking on the phone or texting are now causing more deaths on Ontario's roads than drunk drivers.

It is the first time that the fine for driving while using cellphones or other electronic devices has been increased since the province imposed a ban in 2009.

Toronto police traffic services Const. Clint Stibbe said he believes the larger fine will help save lives.

"When you're driving while talking on your phone, you're not just putting your own life at risk, but everyone else's as well," he said.

TORSTAR NEWS SERVICE

UNDERSEA DREAMS REIGN SUPREME

Toronto high school student Cindy Tang, 17, stands in front of her winning Google doodle at the Royal Ontario Museum on Tuesday. Judges including former astronaut Chris Hadfield and ROM chief executive Janet Harding helped choose today's artwork for google.ca. Story, page 3. JOEL EASTWOOD/TORSTAR NEWS SERVICE

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News in pictures

1 **Child abuse.** Monument passed up

Ontario has declined to place a monument to child abuse at Queen's Park. The bronze, quilt-like structures by Michael Irving, above, feature casts of hands and messages of hope from child-abuse survivors and their loved ones.
TORSTAR NEWS SERVICE

2 **Bob Barker.** Bear-hunt battle lost

TV personality and animal-rights activist Bob Barker tried but failed Tuesday to convince the Ontario government not to bring back the spring bear hunt, which the province cancelled in 1999. THE CANADIAN PRESS

3 **Report.** Staff say take down Gardiner

A city staff report recommends tearing down the Gardiner east of Jarvis Street. If approved, Toronto developer First Gulf will allow the city to extend Broadview down through its Unilever site to the Port Lands. TORSTAR NEWS SERVICE

Contest winner. Local teen's underwater doodle going up on Google.ca

A 17-year-old Toronto-area girl is the winner of Google Canada's inaugural Doodle 4 Google contest.

Cindy Tang's sketch of an underwater telescope will welcome visitors to Google.ca on Wednesday.

In her entry, Tang wrote that her illustration symbolizes her wish to explore the largely uncharted deep ocean waters.

Google challenged Canadian kids to design a doodle for the search engine's website with the theme: "If I could invent anything, I would invent a ..."

Cindy Tang
THE CANADIAN PRESS

Tang wins a $10,000 scholarship and a computer, while her school will also receive a $10,000 grant. THE CANADIAN PRESS

City hall. Ford abandons news conference over drug-use question

Mayor Rob Ford fled a news conference Tuesday when he was asked whether he has used illegal drugs since November.

Speaking earlier Tuesday to NBC Today Show host Matt Lauer, Ford dodged when asked if he had used crack cocaine or any other drugs since their previous conversation on Nov. 18.

"I don't use illegal drugs," he said.

Ford offered a similar present-tense denial — "I do not use crack cocaine" — when his crack scandal erupted in May. When he finally admitted to having used crack, he falsely claimed that journalists had not asked him the "correct questions" about whether he had ever used.

When journalists asked him at the news conference to clarify his remarks to Lauer, he asked for "any other questions," then walked away when the drug question was repeated.
TORSTAR NEWS SERVICE

Doctor gets 10 years for sex assaults

Crime. Doodnaught was convicted of assaulting sedated patients in November

George Doodnaught
TORONTO POLICE/THE CANADIAN PRESS

An anesthesiologist was sentenced to 10 years in prison Tuesday for what a judge called "reprehensible" sexual assaults on 21 sedated women during surgeries — violations that left his victims with lasting emotional damage.

Dr. George Doodnaught, 65, exploited the extraordinarily high degree of trust the patients placed in him, said Ontario Superior Court Justice David McCombs.

"The profound psychological impact of the physical violations has been compounded by the victims' deep feelings of betrayal — that these offences were committed during surgery, by a medical doctor, in an operating room, a place of ultimate vulnerability and trust," McCombs said.

Doodnaught may not spend much time in custody. He intends to appeal his convictions, and the Court of Appeal for Ontario is set to hear an application Wednesday to let him out on bail pending the appeal.
THE CANADIAN PRESS

Champion comes home

Canadian bobsledder Heather Moyse wears her gold medal as she arrives at Pearson airport from the Sochi Winter Olympics on Tuesday.
CHRIS YOUNG/THE CANADIAN PRESS

Tourism

Record number of international visitors seen in T.O.

The number of international visitors to Toronto hit a record high in 2013, according to Tourism Toronto. The city saw an estimated 13.69 million tourists last year, with 1.42 million arriving from outside Canada and the U.S. THE CANADIAN PRESS

Transit

Stintz, Tory vow focus on subway relief line

Toronto mayoral candidates John Tory and Karen Stintz have both promised to prioritize the downtown relief line. The relief line is expected to be a U-shaped route bisecting the Bloor-Danforth line in the east and west. TORSTAR NEWS SERVICE

Scarborough fire

Seniors found without vital signs

A highrise fire in Scarborough left a man and woman, both in their 60s, without vital signs Tuesday. Toronto EMS said the two were extracted shortly after 7:30 p.m. from a burning apartment at 3947 Lawrence Ave. E. The fire's cause was not immediately clear. TORSTAR NEWS SERVICE

Labour

NDP eyes $12 minimum wage

Almost a month after the provincial Liberals unveiled a plan to hike the hourly rate to $11, the New Democrats said they plan to push for it to be even higher. NDP Leader Andrea Horwath would like the minimum wage raised to $12 from $10.25 by 2016.
TORSTAR NEWS SERVICE

Regent Park residents, from left, Sharukh Syed, Mohammad Ismail and Chowdhury Ahia stand in a newly developed area of Regent Park.
JESSICA SMITH CROSS/METRO

Regent Park residents are unhappy and they know it

Housing. Survey shows satisfaction among those who moved into new units, but petition paints a different picture

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

According to a community organizer in Regent Park, any research showing that residents are happy with their new homes can't be true.

Chowdhury Ahia, a 15-year resident of Regent Park involved in community committees, organized a petition that lists complaints and makes demands of the Toronto Community Housing Corporation.

"If they're happy, then why did 960 households sign with us?" he asked.

The Regent Park revitalization project began in 2005 and is expected to be complete by 2019. It replaces 2,083 rent-geared-to-income units and builds 700 additional affordable units alongside 5,400 market-rate units. It also includes new amenities and retail space, and has won awards for planning and design.

The research Ahia dismissed as false is the Toronto Social Housing Health Study by the St. Michael's Hospital Centre for Research on Inner City Health.

Researchers surveyed 59 residents who had moved into new units as part of the revitalization project and found they had greater satisfaction with their home and neighbourhood. Respondents also said they felt safer and had lower levels of distress or mild depression than they had in their old Regent Park units.

Chowdury's petition paints a different picture, including complaints that the relocation back to Regent Park is taking too long.

It further claims that the new subsidized units are too small and the open-kitchen concept allows cooking smells to permeate the home.

Resident Mohammad Ismail said he was given the choice between a larger unit in a different neighbourhood or a smaller one in Regent Park. He and his wife — both on disability — chose to share a three-bedroom Regent Park apartment with four other family members.

"We have to live here because the community and the school for our children and the hospital and doctors are important to me and my wife," he said, adding the cramped living space is causing his children to have trouble studying.

The petition's other complaints involve claims of inadequate security and alleged disrespectful behaviour by TCHC staff. The petition also demands that rent be reduced to the minimum rate of $85 a month when tenants visit family abroad.

Chowdhury said that's because travel is expensive and people can't work while travelling. "If your mother or father is sick back home, you have to visit sometimes," he said

TCHC spokesperson Sara Goldvine said rent is set by provincial policy and always geared to a resident's income.

As for the other complaints, Goldvine said the city required TCHC to rebuild the same number of new units of each size as existed previously in Regent Park and anyone who was moved into a smaller unit likely had more bedrooms in their previous home than their family makeup warranted.

She added that 85 per cent of people who were relocated as part of the revitalization have already been re-housed.

Jim Dunn, lead researcher on the social-housing study, told Metro that details of the relocation process were not investigated. Instead, the study asked general questions about well-being and perceptions of the community and new home.

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Thai woman raises fists against government in protest

An anti-government protester raises her clenched fists as she listens to a speech by anti-government protest leader Suthep Thaugsuban in Bangkok, Thailand on Tuesday. The protesters, mostly representing the urban elite and those in the south, are pressing for the resignation of Prime Minister Yingluck Shinawatra. SAKCHAI LALIT/THE ASSOCIATED PRESS

Tensions soar in Crimea against Kyiv 'bandits'

'Russia, save us!'
Protesters in the pro-Russian region of Crimea aren't ready for the change in Ukraine's government

Dozens of pro-Russian protesters rallied Tuesday in the Ukrainian peninsula of Crimea against "the bandits" in Kyiv who are trying to form a new government — with some even speaking of secession. A lawmaker from Russia stoked their passions further by promising them that Russia will protect them.

As a Russian flag flew Tuesday in front of the city council building in Sevastopol — a key Crimean port where Russia's Black Sea Fleet is based — an armoured Russian personnel carrier and two trucks full of troops made a rare appearance on the streets of the city.

The Crimean Peninsula — a pro-Russian region about the size of Massachusetts or Belgium — is a tinder pot in the making.

Protesters had torn down the Ukrainian flag a day ago, pleading with Moscow to protect them from the new authorities in Ukraine who have forced President Viktor Yanukovych to flee Kyiv, the capital, and go into hiding.

"Bandits have come to power," said Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol. "I'm ready to take arms to fight the fascists who have seized power in Kyiv."

Yanukovych's whereabouts are unknown but he was last reportedly seen in Crimea. Law enforcement agencies have issued an arrest warrant for Yanukovych over the killing of 82 people, mainly protesters, last week in the bloodiest violence in Ukraine's post-Soviet history.

Chanting "Russia, save us!" the protesters gathered for a third day before administrative buildings in Sevastopol and in other Crimean cities. THE ASSOCIATED PRESS

Lending support

Baird set to travel to Kyiv

Foreign Affairs Minister John Baird is going to Ukraine to get a first-hand look at the situation in the troubled country. Prime Minister Stephen Harper says Baird and a delegation of Ukrainian-Canadian leaders and parliamentarians will travel to Kyiv, the capital and the epicentre of the political unrest that has rocked Ukraine for months. THE CANADIAN PRESS

Neurodevelopment of Children Exposed in-Utero to Chemotherapy for Maternal Breast Cancer, PI Dr. I Nulman

The Motherisk Program at **The Hospital for Sick Children (SickKids)** in Toronto is recruiting volunteers for a study on the physical health and neurodevelopmental outcomes of children exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy. The findings of this research will help optimize breast cancer treatment during pregnancy, while minimizing the risks for the fetus.

Who is eligible to participate?
- Children up to 16 years of age who were exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy.
- The child's parents or primary care providers

What is involved in the study?
- Children will undergo a non-invasive physical examination and neuropsychological testing (IQ testing).
- Parents or care providers will answer questionnaires related to their child's health and behaviour.

You will receive monetary compensation for your participation and a detailed report on your child's performance.

To participate or for more information, please contact the study team by phone at 416-813-7329 or by email: breastcancer.pregnancy@sickkids.ca

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Liberal Leader Justin Trudeau has apologized after facing heat for comments that lightheartedly linked the conflict in Ukraine with the Russian Olympic hockey defeat. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau says sorry for Ukraine joke

No laughing matter. Liberal leader apologizes for remark about Russian invasion as opponents look to capitalize on the gaffe

Justin Trudeau was back on Parliament Hill Tuesday to face the music for his joke about Ukraine, as the Conservatives and NDP pondered once again how to make the Liberal leader's latest gaffe stick.

Trudeau told the media he waited until Tuesday to apologize because he "wanted to make sure that I had the chance to express directly to leaders in the Ukrainian community … how seriously the Liberal party takes the situation in Ukraine."

He added that his joke during a pre-taped appearance on a Radio-Canada current affairs program "made light of some very real fears and concerns that Ukrainians have about Russian intervention."

Trudeau apologized earlier in the day to the Ukrainian ambassador to Canada after making a quick visit to the embassy. Vadym Prystaiko, who had called for the apology a day earlier, praised Trudeau for being the first Canadian politician to sign a book of condolences.

Trudeau also took to Twitter to say he'd made amends with Paul Grod, head of the Ukrainian Canadian Congress.

In his interview last Thursday with Tout le Monde en Parle, Trudeau suggested Russia, peeved about being eliminated from the medal round in Olympic hockey, might vent its spleen by getting involved in Ukraine.

In the aftermath of Trudeau's comments, both the Conservatives and NDP pounced in an effort to inflict some damage.

THE CANADIAN PRESS

A gaffe-ing matter

Tory insiders say it's just a matter of time before Trudeau's verbal missteps start to hurt him, and the Conservative strategy is to simply bide their time until he does himself in.

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Tampa Travel Mar 12 - Mar 19/dl	$379
Orlando Travel Mar 12 - Mar 19/ua	$389
Cancun Travel Apr 2 - Apr 9/ua	$499
Jamaica Travel Mar 21 - Mar 28/wg	$530
Calgary Travel Mar 11 - Mar 18/ac	$532
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New York Flights + 3 Nights $525
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INCLUDES Manhattan accom. Departs Mar 28/wsv/ws.

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tico.ca

California couple find rare coins worth $10M in their own backyard

Most profitable dog walk. Quiet couple's buried treasure could be the largest such discovery in U.S. history

A California couple out walking their dog stumbled across a modern-day bonanza: $10 million in rare, mint-condition gold coins buried in the shadow of an old tree.

Nearly all of the 1,427 coins, dating from 1847 to 1894, are in uncirculated, mint condition, said David Hall, co-founder of Professional Coin Grading Service of Santa Ana, which recently authenticated them.

Although the face value of the gold pieces only adds up to about $27,000, some of them are so rare that coin experts say they could fetch nearly $1 million apiece.

One of six decaying metal canisters filled with 1800s-era coins unearthed in California THE ASSOCIATED PRESS

"I don't like to say once-in-a-lifetime for anything, but you don't get an opportunity to handle this kind of material, a treasure like this, ever," said veteran numismatist Don Kagin, who is representing the finders. "It's like they found the pot of gold at the end of the rainbow."

Kagin would say little about the couple other than that they are husband and wife, are middle-aged and have lived for several years on the rural property where the coins were found. They have no idea who put them there, he said.

The pair are choosing to remain anonymous, Kagin said, in part to avoid a renewed gold rush to their property by modern-day prospectors armed with metal detectors.

They plan to put most of the coins up for sale through Amazon while holding onto a few keepsakes. They'll use the money to pay off bills and quietly donate to local charities, Kagin said.

THE ASSOCIATED PRESS

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Bitcoin traders brought to knees

Tokyo. Following news of Mt. Gox vanishing, the cybercurrency fell below $500 US, from a high of $1,200 US

Bitcoin trader Kolin Burgess, right, of London, and American Aaron (only his first name was given) hold protest signs as they conduct a sit-in in front of the office tower housing Mt. Gox in Tokyo Tuesday. KAORI HITOMI/THE ASSOCIATED PRESS

One of the world's largest bitcoin exchanges has seemingly disappeared, delivering a severe blow to the virtual currency as it struggles to gain legitimacy.

A coalition of virtual currency companies said Tuesday that Tokyo-based Mt. Gox went under after secretly racking up catastrophic losses.

Mt. Gox's website was returning a blank page Tuesday. The disappearance of the site follows the resignation Sunday of Mt. Gox CEO Mark Karpeles from the board of the Bitcoin Foundation, a group seeking legitimacy for the exotic new form of money. The exchange had imposed a ban on withdrawals earlier this month.

Prominent supporters of bitcoin — including San Francisco-based wallet service Coinbase and Chinese exchange BTC China — sought to shore up confidence in the currency by saying Mt. Gox's collapse was an isolated case of mismanagement. They said it had abused users' trust, but did not offer details.

"As with any new industry, there are certain bad actors that need to be weeded out, and that is what we are seeing today," the statement said.

Since its creation in 2009, bitcoin has become popular among tech enthusiasts, libertarians and adventurous investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like bitcoin for the same reasons.

In December, the value of a single bitcoin hit an all-time high of $1,200 US. In the aftermath of the Mt. Gox collapse Tuesday, one bitcoin stood at around $470 US.

THE ASSOCIATED PRESS

Bitcoin Alliance of Canada

'Being your own bank' can be risky

The head of the Bitcoin Alliance of Canada says the collapse of a major currency exchange in Japan, following months of secret catastrophic losses, serves as a warning to those who buy and trade in the popular digital currency.

Anthony Di Iorio, the executive director at the non-profit organization, advises that the lesson to be learned is that large amounts of bitcoins should not be left on any exchange or service due to possible security risks.

"The great thing about bitcoin is that you can be your own bank and nobody has access to your funds," he said Tuesday.

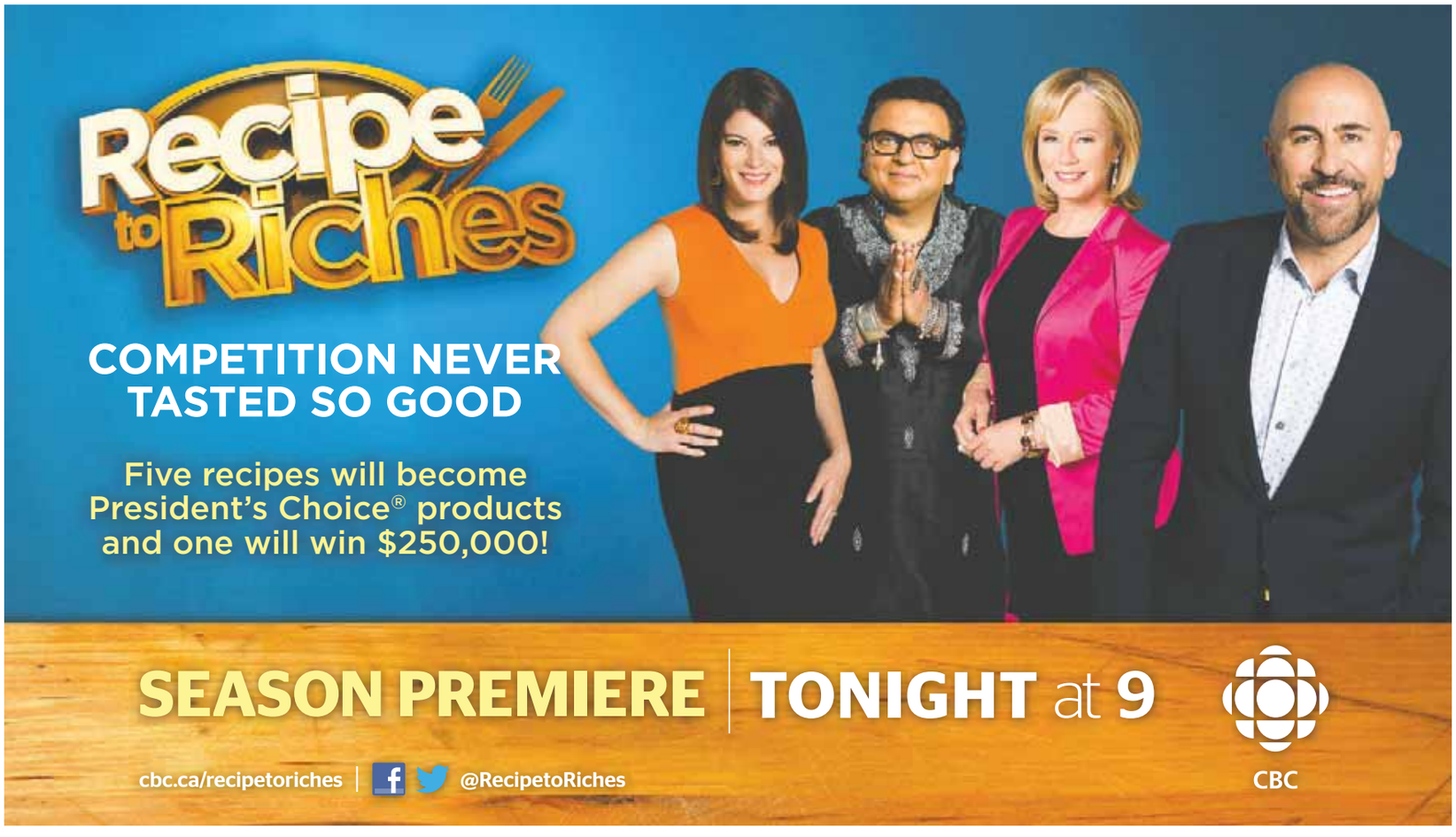
"But if you are putting them in an exchange, and you're buying and selling, you have to have them stored there at least for a small amount of time."

The risk with leaving money languishing with a third-party is that if the site shuts down, the investment can be gone with it.

That appears to be what happened at the Tokyo-based Mt. Gox where it's estimated as many as 740,000 bitcoins are missing, roughly translating to hundreds of millions of dollars' worth of losses.

Some viewed the troubles with Mt. Gox as the beginning of the end for the popular digital currency.

Lisa Kramer, an associate finance professor in Toronto, said the shutdown is not a surprise because Mt. Gox has been dealing with serious security issues for several months, including users recently being banned from making withdrawals. "Bitcoin has been operating in limbo for some time. The writing has been on the wall," said Kramer. THE CANADIAN PRESS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Market Minute

DOLLAR 90.20¢ (-0.16¢)

TSX 14,188.98 (-38.10)

OIL $101.83 US (-$0.99)

GOLD $1,342.70 US (+ $4.70)

Natural gas: $5.10 US (-$0.35)
Dow Jones: 16,179.66 (-27.48)

Adding 800 stores

Timmies brews up plan to slam rivals

Tim Hortons Inc. is planning a flurry of changes to its operations, including healthier food choices and the addition of 800 new stores over the next several years as it looks to maintain its edge in an increasingly competitive market.
THE CANADIAN PRESS

Service in China

LinkedIn to launch in Chinese

LinkedIn is launching its site in simplified Chinese, the written characters used on the mainland, as it works to expand in the country with the world's largest Internet population. Until now, the site in China was in English only. THE ASSOCIATED PRESS

Pueblo County

Taxman rolling in the green from legal pot sales

A Colorado county with two recreational marijuana stores said Monday the shops had about $1 million US in total sales in January, producing about $56,000 US in local sales taxes. THE ASSOCIATED PRESS

Buzz: U.S. is spending $3M to feed the bees

Hungry, hungry honeybees. Uncle Sam flits to rescue of yellow-and-black critters

A new U.S. program aims to ensure honeybees have enough pollen and nectar to snack on. THE ASSOCIATED PRESS

The U.S. Department of Agriculture will spend millions of dollars to help farmers and ranchers improve pastures in five Midwestern states to provide food for struggling honeybees under a program to be announced Tuesday.

Commercial honeybees pollinate an estimated $15 billion US worth of produce each year. Many beekeepers bring hives to the Upper Midwest in the summer for bees to gather nectar and pollen for food, then truck them in the spring to California and other states to pollinate everything from almonds to apples to avocados.

But agricultural production has been threatened by a more than decade-long decline in commercial honeybees and their wild cousins due to habitat loss and pesticide use. Colony collapse disorder, in which honeybees suddenly disappear or die, has made the problem worse, boosting losses over the winter to as much as 30 per cent per year.
THE ASSOCIATED PRESS

*For a complete listing of prizes, cash-out values, draw details and all rules and regulations, visit our website at lottery.cancer.ca. Win Big Every Day for the Month of April 2014. Only 200,000 tickets will be sold. Wheels of Hope 50/50 draw tickets are unlimited and must be purchased in conjunction with a Daffodil Daily Lottery ticket. The total value of all prizes is $6,449,761.99, inclusive of all taxes and destination charges. Prizes may not be exactly as shown. Tickets are $100 each or 3 for $250 or 5 for $375. Tickets must be purchased in Ontario. Purchasers must be at least 18 years of age. At the time of printing, no $100 Ontario charity lottery offered more prizes worth $5,000 or more. Alcohol and Gaming Commission of Ontario LL#6233; 50/50 LL#6234.

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LET IT BE OR MAKE IT BETTER?

JUST SAYIN'

Paul Sullivan
metronews.ca

Thanks to sites like BuzzFeed, this is the Golden Age of Wasting Time.

And one of the best ways to waste time, wherever you are, whatever you're supposed to be doing, is the Identity Quiz.

You know? If you were a sandwich, what kind of sandwich would you be? Turns out I'm a ham sandwich, but you knew that.

As you launch your identity quest, be warned there are millions of these things. There are even millions of What Kind of Sandwich Am I? quizzes.

So we need a hook, and what better than this: It is the 50th anniversary of the English Invasion this month, starting with the night the Beatles appeared on the Ed Sullivan show and launched a rock revolution.

Of course, to celebrate the Fab Four moment, there's a quiz on BuzzFeed which allows you to find out which Beatle you are: the Popular (if a little square) Paul, the Genius John, the Spiritual George, and the Affable (if a little goofy) Ringo.

Like all great time wasters, the quiz is fun to do. You start by choosing your favourite psychedelic pattern, and go from there.

The quiz wants to know if you'd rather sing "oo-bla-di-bla-da" or "beep beep yeah!"

It wants to know if you think you should take a sad song and make it better. Or let it be.

The quiz asks you to choose your fave from a gallery of foxy '60s ladies (the Beatles and the boys of BuzzFeed are pre-feminist, apparently).

Finally it asks how you're feeling about love right now: All you need is love? Or can't buy me love?

By now you've figured out that this quiz (except for the foxy ladies) is based on Beatles' lyrics.

So it helps, if like me, you've spent a lifetime trying to get Yellow Submarine out of your head.

But as the Beatles have sold more records, had more No. 1 hits, and have been covered by more artists than any group in history, it's a safe bet you know John, Paul, George and Ringo maybe better than you know yourself.

So now that you've rushed to BuzzFeed to take the quiz, welcome back. Who are you?

If you're me, you're a late-'60s version of John Lennon, which is not what I expected but it's better than being an '80s version of John Lennon.

And I'm kinda relieved I'm not Ringo. Although you'd have to argue that Ringo is certainly the luckiest Beatle. If he hadn't met John or Paul, he'd be driving a bus in Liverpool, like his dad.

And taking the quiz to find out what Beatle he would be: John, Paul, George, or ... Pete?

ZOOM

Still cute with ears cut

SCOTT OLSON/GETTY IMAGES

Puppy love at former bin Laden base

Sgt. Kevin Ingram from Wheeling, West Virginia with the U.S. Army's 4th squadron 2d Cavalry Regiment comforts a puppy that had its ears cut off while visiting an Afghan National Police (ANP) outpost that was once home to Osama bin Laden during a patrol on Tuesday near Kandahar, Afghanistan.

Ears are often removed from puppies to prepare them to become fighting dogs.

Ingram's squadron is responsible for defending Kandahar Airfield against rocket attacks from insurgents. GETTY IMAGES

Also in Afghanistan

- A few years ago, an abandoned puppy was befriended by Navy reservist Mark Feffer, who wanted to adopt her. At the end of his tour he discovered she was lost, but a rescue mission reunited them.
- A British marine found a dog in 2010 with his ears and tail cut off. Once he told his sister the dog would be shot once he left Afghanistan, she set up a campaign to bring the dog to Britain.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Leaving your fate in the hands or the stars — or the astrologers who read the stars — might help you deal with your high school crush, but for real-world relationship woes, financial burdens or career concerns, you're going to need something a little more scientific. And what could be more solid than fortune teller, tarot card and magic eight ball apps.

SUPERBA/FLICKR

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Ask the gnome's crystal ball (or if you upgrade for $.99 you can ask a Rabbi, Rasta or leprechaun) up to three questions a day. Available for Android and Apple.

Tarot Card Reading:
Pick a card from your past and present to see what your future holds. Choose between life, love, money, health, travel, etc. Available for Android and Apple.

Magic 8-ball:
Just like the real thing, shake your phone to get an answer. But "don't count on it" if you have an iDevice. Only available in the Google Play store.

Twitter

@metropicks asked: Actor/writer/director Harold Ramis has died. What's your favourite Harold Ramis work?

@thechipfactor: "what happened to your Sargent? He got blowed up sir!" Best quote from any Harold Ramis film. He will be missed.

@DerchanskyLegal: definitely remember his work on #SCTV, but can't ignore his brilliance in #Caddyshack and #GroundhogDay

@Chriosania: Ghostbusters...but Stripes is a VERY close second

@starrydays17: the original Ghostbusters movie!

@BulliesFan27: Gotta be Stripes. That's the fact Jack! #RIPHaroldRamis

Follow @metropicks and take part in our daily poll.

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SCENE

Commando's two worlds collide in starring role as injured soldier

Stage. Canadian leads cast as U.K. phenom about 'military life at its rawest' opens at Princess of Wales

AUSTEN GILLILAND
Metro in Toronto

Theatre tickets

The Two Worlds of Charlie F. runs Feb. 25 to March 9 at the Princess of Wales Theatre. For more information or to buy tickets, call 416-872-1212 or visit mirvish.com.

It's a sunny February afternoon, chilly at -12 C, and Cassidy Little is wearing shorts. When a passerby does a double take, Little laughs and points at his prosthetic leg. "Isn't it great?" he says. "Carbon fiber doesn't shiver!"

Little, 32, a British Royal Marine commando, lost the bottom half of his right leg to an IED blast on his second tour in Afghanistan. Now he plays the title role in The Two Worlds of Charlie F., a play that portrays "a soldier's view of service, injury and recovery."

Little's military bearing is belied by his leading-man looks, warm smile and hearty handshake; his voice still carries a lilt from his childhood in Newfoundland. He's happy to talk about Charlie F.

He initially joined the marines as a quick way to win a pub bet over getting fit. But Little quickly took to military life. "My father is a retired brigadier-general, my grandfather came up on the beaches in Normandy," he says. "I've got the military in my blood." It wasn't long before he was in Afghanistan. "Three months after basic training, my boots were in the dust and I had a machine gun in my hands."

After his first tour, he applied to train as a medic. When his medical training was over, he seized the first chance he could to return to Afghanistan.

But then came the IED. "The blast took two friends from me, it took my leg from me, it broke my pelvis in two places," says Little. His recovery required a two-week long medically induced coma and months of rehabilitation. He has more than enough first-hand knowledge to bring to his role.

In fact, The Two Worlds of Charlie F. is based on the real-life experiences of 30 British wounded, injured or sick (WIS) service personnel, some of whom also act in the play. Written by Owen Sheers and directed by Stephen Raine, Charlie F. grew out of a series of theatre workshops at a British military rehab hospital in 2011.

Cassidy Little is the star and Alice Driver is the producer of The Two Worlds of Charlie F., coming to the Princess of Wales Theatre. TORSTAR NEWS SERVICE

The idea came from executive producer Alice Driver. She was introduced to some WIS soldiers by a friend, a surgeon at a British military hospital. "One of the patients told me, 'When you are wounded, you become incredibly vulnerable. You lose your sense of self, you lose your purpose and you lose your identity. Fundamentally, you lose your voice,'" she says. "This project was about giving them their voice back."

Getting involved with the project was a natural choice for Little, who trained in ballet from an early age and was no stranger to performing.

"I was sitting around trying to get my head on straight," recalls Little, "when a captain came in and said, 'You used to do stand-up comedy, right? There's a writer and a director in the next room, and they want to do a community theatre project.' I wheeled my way in there and I said, 'You got me.' Three months later, I was performing in front of 1,000 people."

The play debuted at the Haymarket Theatre in London in 2012, then had a run at the Edinburgh Fringe Festival, where it won the Amnesty International Freedom of Expression Award.

"It is joyful, it's hopeful, it's funny, it's rude, it's military life at its rawest on stage," says Clark Little, Cassidy's father, who served in the Royal Canadian Air Force. "It's about triumph over adversity, it's about inspiration. But you don't have to be a victim of or a participant in war to benefit from it."

Clark Little has been instrumental in working to bring the production to Canada, and hopes to garner support for a similar program here.

That seems to be an initiative that Cassidy Little would support. He doesn't hesitate to say that his involvement in The Two Worlds of Charlie F. changed his life. "It gave me back myself," he says.

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence is on a hot streak, but everyone keeps spoiling her endings

Jennifer Lawrence just can't win. Last month, the Hunger Games star had Homeland spoiled for her by an over-eager red carpet interviewer before she'd had a chance to see all the episodes.

And now her American Hustle director, David O. Russell, reveals that while they were filming Silver Linings Playbook he gleefully spoiled one of the greatest novels of all time for her. "She's walking around the set all the time reading the Tolstoy novel Anna Karenina, which is like a phone book," he tells the Hollywood Reporter. "I was just impressed that this 20-year-old girl reading Anna Karenina is from Kentucky, likes to eat junk food and watch Real Housewives of Long Island. She's a down-home girl and she's reading this book. I love it."

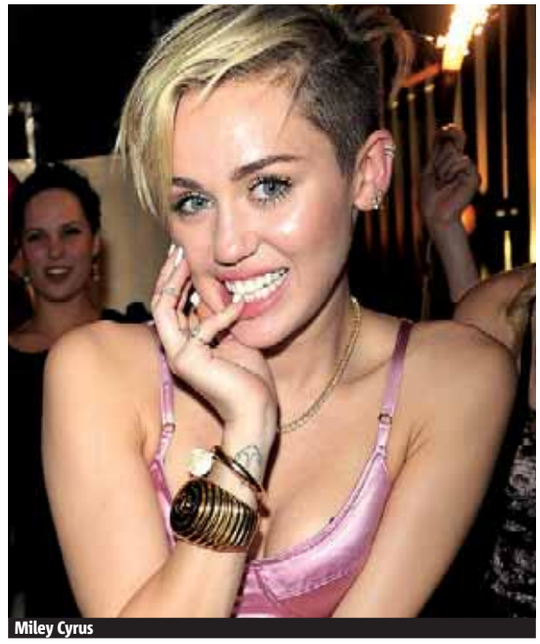
But he didn't love it enough to let her enjoy the story in peace. "So I go, 'Have you gotten to the part where she throws herself under the train tracks?' And she goes, 'What?'" he remembers. "And she walks away from me sobbing."

Twitter

@ForestWhitaker
'It is not only for what we do that we are held responsible, but also for what we do not do.' - Moliere

@idinamenzel
I heard myself on kiss fm today. I almost cried. For years I've been trying to get them to play my music.

@DitaVonTeese
Wonderful quote I read about Casanova: "He treated women as his equals, yet undressed them as if they were his superiors."



Miley Cyrus

Don't choke on your own tongue, Miley — we know how fond you are of it

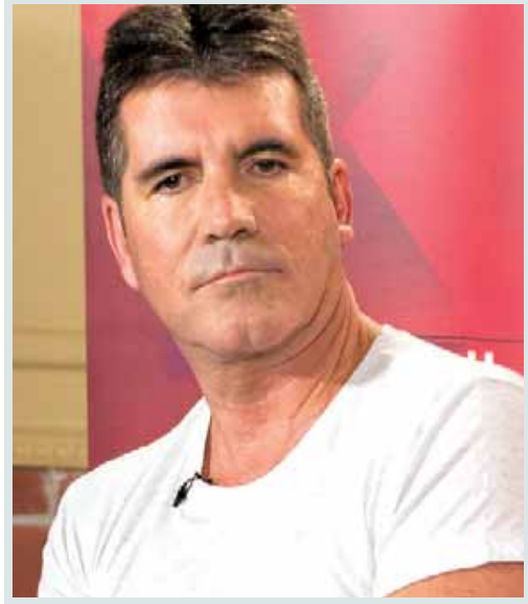
Time to slow down with those Miley Cyrus in Peter Pan rumours, Star magazine. A recent report in the tabloid suggested in an article titled "Just call her Twerker Bell" that the singer was eyeing the role of Tinker Bell in NBC's upcoming live broadcast of the musical, claiming it is her "dream role."

Cyrus took to Twitter to refute the claim, posting a photo of the offending article along with the comment, "I would rather choke on my own tongue." And we all know how fond she is of her tongue.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cowell gets a taste of his own negative medicine

PAT HEALY
Metro World News

Simon Cowell is learning firsthand just how hard it is to parent in the public eye.

After photos surfaced of Cowell holding 10-day-old son Eric on a Miami beach on Monday, mommy bloggers around the world spit out their placenta smoothies to go on the attack over his bad parenting.

"The sun? Simon, babies' skin is like parchment paper this young.... That kid is gonna look 45 when he's a teen," mommy blog The Stir chastised.

In regards to the photos and the fact that Eric flew in a plane (most doctors recommend no air travel until at least three months old because of air pressure concerns), a commentator on another site said, "I know I was told no flying or sun exposure until they were at least six months old. I guess these two are just idiots that ignore what a Dr. tells you."

To be fair, the photos show that Cowell and co. hid out most of the time underneath a shade and Eric did don a cap. As for me, I'm more aghast at poor baby Eric getting a mouthful of Cowell's chest hair than him being on the beach.

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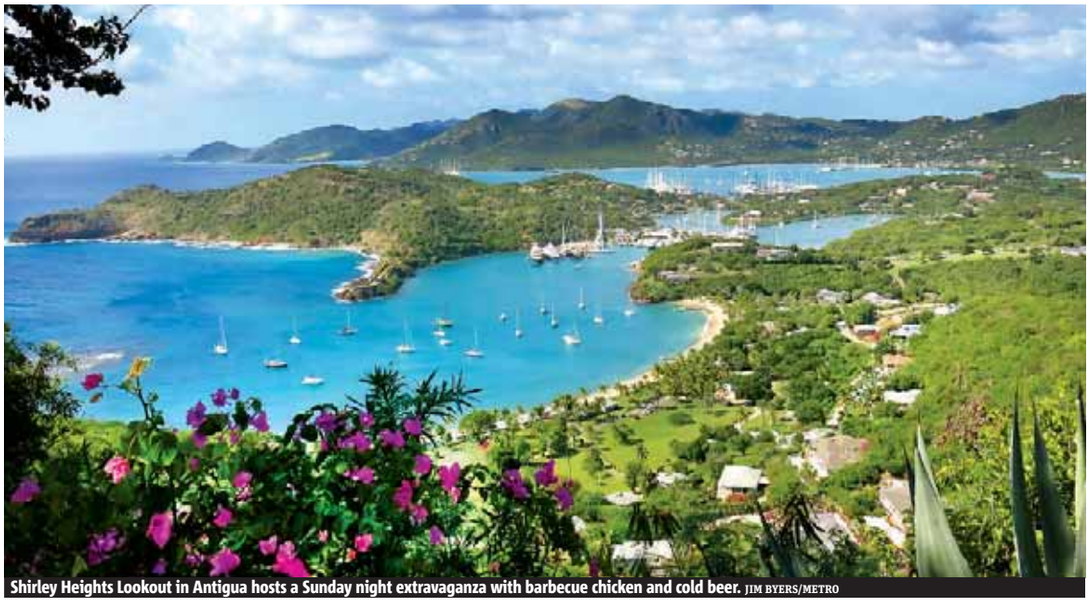
LIFE 3

An island of one's own

Caribbean craving? There are plenty of destinations to choose from in the warm southern seas — here's a rundown of some of the best

JIM BYERS
@jimbyerstravel
jimbyerstravel.com



Shirley Heights Lookout in Antigua hosts a Sunday night extravaganza with barbecue chicken and cold beer. JIM BYERS/METRO

It's still high season in the Caribbean. And high time you ventured south for a bit of sun and sand. But where to go? There's a Caribbean island for every kind of traveller, and the choices can be overwhelming. So here's a look at a few personal favourites that might fit your style.

For the swimmer-diver:
There's awesome swimming to be found off the coast of Negril, Jamaica. Down at Rick's Café, you can watch hugely talented local kids do wild, somersaulting dives off rocky cliffs into impossibly blue water. You can't get quite as high as they do, but there are places near the bar where you can do a perfect cannonball — or, more likely, a face plant — yourself. Small boats out of Negril often weigh anchor just offshore, allowing patrons to swim in some of the prettiest water the world has to offer. Alternative: Check out the cool bars and the swim scene at Orient Beach on St. Martin. It's clothing optional. But, like many places, some of the folks who doff their clothes are people who really should stay perched at the bar. In long pants. And a hoodie.

For the snorkel, scuba fan:
The U.S. Virgin Islands doesn't get the same attention from Canadians as some parts of the Caribbean. But there are glorious beaches to be found and wonderful water sports. At Trunk Bay on quiet St. John, which might be the prettiest beach on the planet, you can swim near offshore islands and follow an underwater trail. There's a similar trail near Buck Island, a short boat ride off St. Croix, where you'll also find a glistening white sand beach and hardly any people. Alternative: St. Lucia's Sugar Beach, nestled between the two giant rock pillars known as the Pitons, has one of the finest reefs in the Caribbean.

For the luxury lover:
Sandy Lane on the west coast of Barbados is a stunner. There are free-form pools, private villas, one of the Caribbean's top spas and sumptuous dining on offer. This area also is home to the wonderful Green Monkey golf course. Tiger Woods married Elin Nordegren here, not that that ended so well. Alternative: Amanyara is a quiet spot on a lovely stretch of sand in the Turks and Caicos, far from the crowds of Provo. Fabulous Asian-inspired food.

For the drinker:
What, you thought we forgot about bar hopping? One of the most famous imbibing spots on the planet is at Shirley Heights Lookout in Antigua, where they do a Sunday night extravaganza with plenty of cold beer, barbecue chicken and live music. Great sunsets and parties that last long into the night. It's also a stunning spot during daylight hours, with spectacular views of the island's green hills and perfect blue waters and boats bobbing in the bays below. Possibly the best vista in the Caribbean. Alternative: Sunshine's is a colourful, seaside bar on the west coast of Nevis, part of St. Kitts and Nevis. Try the local cocktail, the Killer Bee, and look for the photo of Wayne Gretzky.

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Deal

Costa Rica yoga retreat

The Anamaya eco-lodge near Montezuma Beach, Costa Rica, is offering 10 per cent off all yoga packages for the month of April. For about $1,200, you get seven nights' accommodation, three healthy farm-to-table meals every day and the yoga package of your choosing. Connect with nature as you reconnect with yourself. Visit anamayaresort.com.

DOUG WALLACE/METRO

Trend

TD Aeroplan credit cards

A new survey from TD Bank says people who collect travel points fall into three groups: the strategizers, the savers and the "accidental tourists" who travel more randomly. This data is the reason behind three new Aeroplan credit cards designed to get their customers in the air more often. Visit tdaeroplan.com to get in on the action.

DOUG WALLACE/METRO

How-to

Navigate ground transportation

1. Find out if there is a bus or train you can easily take to your hotel instead of a taxi. 2. Don't be afraid of the subway — it's often faster and far cheaper. 3. In countries where car rentals are outrageous, save money by booking with sites like hotwire.com. 4. Check out zipcar.com. That outlet mall on the edge of town isn't that far away at all.

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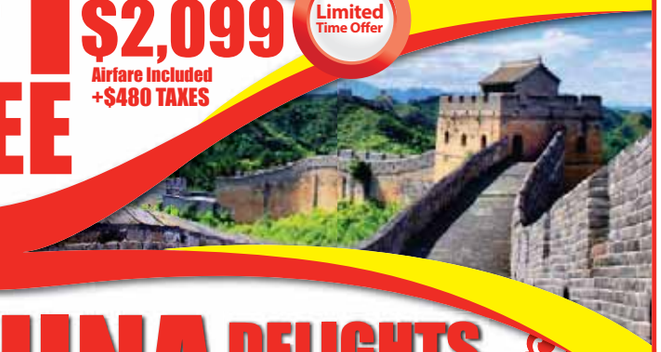

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Curiosity caught that cat a career

I spy a perfect profession. Do you have what it takes to be a private investigator?

SHAHEERAH KAYANI
TalentEgg.ca

Do you love watching CSI? Have you ever embarked on your own private mission to secretly spy on someone or gather solid evidence to solve a case? Maybe you just love to read mystery novels. If you have a passion for investigating, you could consider making it into a professional career.

Here's an introduction to exactly what private investigators do, the professional courses and licensing required and some programs offered here in Canada that you might just want to check out ... or investigate.

What a PI does

As the name suggests, a PI investigates cases for private clients — either individuals, or corporate firms such as insurance companies. It is very important that the PI abide by the law at all times, which means not obtaining information illegally via means such as trespassing or wiretapping. PIs are very experienced at conducting database searches — they often have access to databases not available to the public — questioning suspects and witnesses, as well as trailing.

Types of cases

As with many other occupations, you can choose to specialize. Based on your interests, here are some types of work that you may wish to specialize in as a PI:

- Fraudulent insurance claims
- Threatening emails or stalkers
- Investigating theft cases or robberies
- Suspicions of infidelity between couples
- Missing persons cases

Salary expectations

According to payscale.com, a Private Detective or Investigator in Canada earns an average wage of $20.40 per hour.

Keep in mind that your income will depend on the difficulty and type of case you are on, who your client is, as well as other factors such as the amount of experience you have or the amount of travel time required for the job.

PIs generally charge their own rates, so income figures may vary.

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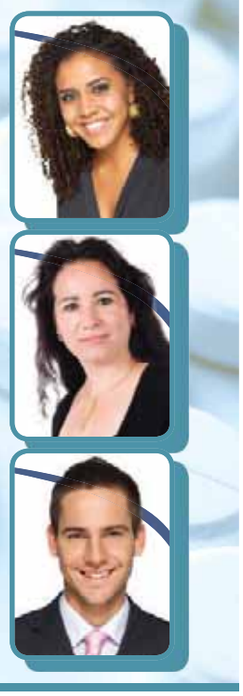

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It appears you may just be the perfect fit for this field. ISTOCK

What you need to do to become a PI

1) Enroll in class
First, you need to enroll in a private investigator training course. The course must be approved by the Ontario Ministry of Community Safety and Correctional Services.

2) Write the licensing exam
After you have successfully completed the private investigator training course, you will then qualify to sit for the Ontario private investigator licence exam using the training completion number that you will have received from your training class. After you have written the exam, it generally takes about five business days to receive your exam results.

3) Apply for your licence
Once you pass the licensing exam, you will be able to apply for your licence. You will be required to complete an application form and provide passport-size photographs to the Ontario Ministry of Community Safety and Correctional Services, which will process your application and issue a licence. Applications are accepted both online and via mail.

These are the plain facts. Are you on the case?

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Related resources

Online study program:
• ICS Canada: This is an online program for those who would like to learn at their own pace from the comfort of home. The program offers eight instruction sets on various topics including law, communication strategies, investigation and reporting, lie detection, fingerprinting and much more.

Special Institutions and Bodies in Canada:
• Canadian Association of Private Investigators (CAPI): The Association was established in order to promote the industry, provide useful information and services to its registered members, to identify and address areas of concern at all levels of government, and to be the official voice of private investigators in Canada.

Has your Doctor told you that you have Atrial Fibrillation (AF)?

If you have AF, then you may qualify to participate in a research study involving the use of a drug being tested for patients with AF in combination with another drug being tested for use with gastro-intestinal symptoms.

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Business and the beat: Sing a song of workday success

If all else fails, listen to Pink Floyd's Money and focus on the cash register noises. ISTOCK

Whistle while you work. Seven jams that will tune up your ability to take on your job

ELIAS DA SILVA-POWELL
TalentEgg.ca

Every now and then you may find it difficult to bring the necessary quantity of pep and verve to your workday.

Whether your sub-par performance stems from illness or indulgence, you'll probably find yourself turning to music to get back into the swing of things — after coffee, of course.

While everyone has different musical tastes, this work-related group of songs should help you get through your day as smoothly as possible.

8:00 a.m.

9 To 5 – Dolly Parton

"Tumble outta bed / And stumble to the kitchen / Pour myself a cup of ambition"

Even if the title of Dolly Parton's gold single doesn't coincide with your work schedule, this hit from 1980 will help you kick-start your day. As an added bonus, this song will instantly make any commute feel like a montage — doubly so on public transit.

9:01 a.m.

Manic Monday – The Bangles

"It's just another manic Monday / I wish it was Sunday / 'Cause that's my funday / My I don't-have-to-run-day"

You may be one of the unhappy people who dread Monday as the start of the workweek.

This pop staple, written by Prince, of all people, tells the story of someone who knows exactly how you feel. This one is best enjoyed as background music while you settle down at your desk and plan your day.

Enjoy the increasingly creative attempts to rhyme with Monday.

10:35 a.m.

Bang The Drum All Day – Todd Rundgren

"I don't want to work / I just want to bang on the drum all day"

Like the average workday, this song can be a little repetitive at times, but it's also uplifting.

In Rundgren's self-defeating hedonism, you'll find a gentle reminder that you can't have fun all the time, or fun would lose its meaning.

There's a 50 per cent chance the chorus will get stuck in your head. You've been warned.

1:22 p.m.

Working For The Weekend – Loverboy

"Everyone's looking to see if it was you / Everyone wants you to come through"

If the title doesn't jog your memory, a few seconds of listening will. This number has been in a number of advertisements, TV shows, movies and video games.

This song's lyrics do an excellent job reminding you that all the responsibility is on your shoulders, while reinforcing that there's always a light at the end of the tunnel.

Get ready to power through the afternoon.

3:24 p.m.

Get Up Offa That Thing – James Brown

(Every other line in this song is "get up offa that thing." It's topical.)

There's a good chance your job or job hunt has you sitting in front of a computer for hours at a time, which isn't good for your health. At the risk of being rude and overly familiar, that thing you're sitting on? Get up off of it. Seriously.

I'm not allowed to dance without warning my co-workers in advance, but even I danced while writing about this song.

4:52 p.m.

Working Man – Rush

"(Extended instrumental break with your best vocal impression of a guitar solo)"

My understanding of Rush fans is that they rarely need a reason to listen to more Rush, so I only need to sell this to the rest of you.

For your own safety, I wouldn't recommend listening to this while you're typing.

Save this electrifying number for packing up at the end of the day — don't resist the urge to drum on the stacks of paper surrounding you.

Jams for the jobless

Haven't nabbed a nine-to-five yet? Sing along with Styx's Blue Collar Man as you start writing that resumé:

Give me a job, give me security / give me a chance to survive /
I'm just a poor soul in the unemployment line /
my god, I'm hardly alive /
my mother and father, my wife and my friends /
You see them laugh in my face /
But I've got the power, and I've got the will /
I'm not a charity case

I'll take the long night, impossible odds /
keeping my eye to the keyhole /
if it takes all that to be just what I am /
well I'm gonna be a blue collar man

keeping my mind on a better life /
where happiness is only a heartbeat away /
paradise can it be all I heard it was / I close my eyes and maybe I'm already there ...

5:03 p.m.

For The Love Of Money – The O'Jays

"Give me a nickel, brother can you spare a dime / Money can drive some people out of their minds"

You may recognize this song as the musical theme to the television show The Apprentice.

Even if your commute doesn't involve a luxury automobile or private jet, this tune will ensure you can stride out of the office contentedly.

Take the song's lyrics to heart as you turn your feet home. It's about not being consumed by wealth after all. Look forward to the company of friends and family.

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This recipe makes 12 muffins. EMILY RICHARDS

Citrus, chocolate, cardamom: The trio of tasty baking

Orange Cardamom Bran Muffins. Balance the tart-sweet flavours of orange with bittersweet chocolate

DINNER EXPRESS
Emily Richards
food@metronews.ca

With little chocolate surprises throughout these muffins, each bite will be different.

Fresh, bright orange flavour and colour burst through, making them attractive and tasty. Use a navel orange, which has no seeds and is very juicy.

This is a great muffin to make with the kids to show them how you can use the whole fruit.

My kids always get a kick out of adding the pieces to the food processor, it's a whole new kind of fun in the kitchen.

1. In a large bowl, whisk together flour, bran, baking powder, soda and cardamom; set aside.

2. Cut orange into quarters. Place in food processor bowl and pulse until finely chopped, almost pureed. Scrape down sides and add milk, orange juice, brown sugar, butter, egg and vanilla and puree until combined. Fold in chocolate.

3. Pour the orange mixture over the flour mixture and stir until combined. Divide batter among 12 lined or greased muffin cups. Bake in 400 F (200 C) oven for about 20 minutes or until they're golden brown and firm to the touch.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Look for dark chocolate or bittersweet chocolate chips or pastilles in grocery or bulk food stores with the percentage of cocoa right on the label. The higher the number, the darker and deeper the flavour of the chocolate.
- Wrap muffins individually and freeze for up to two weeks. Thaw at room temperature or in the microwave.
- If you don't use whole wheat flour often, be sure to freeze it so it doesn't go rancid on you. Other whole grain flours should be stored the same way if they are not used frequently. The freezer is a great place to store your nuts and seeds as well. Let them come to room temperature before using in a recipe.

Ingredients

- 2 cups (500 ml) whole-wheat flour
- 1/2 cup (125 ml) wheat bran
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1 tsp (5 ml) ground cardamom or cinnamon
- 1 navel orange, unpeeled and washed well
- 3/4 cup (175 ml) milk
- 1/2 cup (125 ml) orange juice
- 1/3 cup (75 ml) packed brown sugar
- 1/4 cup (50 ml) butter, softened
- 1 large egg
- 1 1/2 tsp (7 ml) vanilla
- 1/4 cup (50 ml) chopped bittersweet chocolate, at least 60% cocoa

Goat Cheese Phyllo Bites: fancy side of snacks

How do you turn a full-blown souffle into a tasty nibble for a party?

Make each one small enough to fit into a mini-phyllo shell. Happily, these days you should be able to find mini-phyllo shells in the freezer section of your local supermarket. Take them home, fill them and bake them and they're good to go. Even better, each of these little guys is fairly low in calories — no more than 15 calories per shell.

Ingredients

- 3 packages (each package contains 15 cups) phyllo pastry cups
- 1 1/2 tbsp unsalted butter
- 1 1/2 tbsp all-purpose flour
- 1/2 cup 1% milk
- 4-oz log soft goat cheese, crumbled
- 1 oz finely grated Parmigiano-Reggiano
- 1 large egg, separated, plus 1 large egg white, room temp
- 1 1/2 tsp Dijon mustard
- Kosher salt and black pepper
- Pinch of cream of tartar
- 45 fresh dill, tarragon sprigs

What about that filling? Goat cheese, which is relatively lean even as it boasts tangy flavour and creamy texture. Add some Parmigiano-Reggiano, because even a little of this rich bruiser delivers big impact.

With the cheeses chosen, making the "cream" sauce is easy, just thicken some 1 per cent milk with a little roux (the classic butter-flour mixture), and flavour it with the cheeses and some Dijon mustard.

And here are a couple of tips about working with those eggs whites. First, it's much easier to separate the whites from the yolks when the eggs are cold. Secondly, separate them not by swapping the innards from one cracked egg shell to the other, but with your own (very clean) hands. That way you eliminate the possibility of puncturing the yolks with the sharp edges of the shell.

Once you've got your whites, it's best to beat them at room temp. To warm them up quickly, simply put them in a metal bowl set into a larger bowl of hot water until they feel tepid to the touch. Then beat the whites until they're barely stiff.

1. Heat the oven to 375 F. Arrange the phyllo cups on a rimmed baking sheet. Set aside.

2. In saucepan over medium-low heat, melt the butter. Add the flour and whisk 2 minutes. Add milk in a stream, whisking, and bring to a boil, whisking. Simmer, stirring occasionally, for 3 minutes. Remove from the heat and stir in the goat cheese, half of the Parmigiano-Reggiano, egg yolk, mustard and salt and pepper, to taste, stirring until smooth. Set aside.

3. In bowl, use an electric mixer to beat both egg whites until foamy. Add the cream of tartar and continue beating until they just hold stiff peaks. Stir a third of the whites into the sauce, then fold in the remaining whites, gently.

4. Spoon mix into phyllo cups. Bake on the oven's middle shelf until they are puffed and golden, about 15 minutes. Transfer to a platter, sprinkle the tops with the remaining cheese and some herbs, then serve immediately.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

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Just like your teeth, your eyes require the same kind of TLC, especially as you get older.

As you age, your eyes will require more attention, especially for those with chronic eye conditions such as dry eyes, blepharitis, recurrent corneal erosion and ocular allergies.

"It's almost like brushing your teeth — you manage the condition over your whole lifetime," says Bruce Dornn, optometrist, owner of Dornn Eye Care and Restoreyes.ca.

"Once an individual develops any of these conditions, they need to be constantly managed."

To help with these conditions, Restoreyes.ca has a number of different products to alleviate symptoms and effectively treat these conditions safely over a long period of time.

"Many of these conditions can occur concurrently and if not managed properly they can produce significant ocular symptoms such as dry eyes, burning, tearing, itching, redness, blurry vision, and pain (especially when waking)," Dornn says.

One of the suggested products to treat Demodex (a small multi-cellular organism that can live in the lash line), blepharitis and rosacea, is a Tranquileyes Tea Tree Foamer, which has been shown to be one of the best solutions to help treat these three conditions.

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South Africa

Pistorius trial to be broadcast

Parts of Oscar Pistorius' murder trial can be broadcast live on television by three remote-controlled cameras in court, but testimony given by the double-amputee Olympian can't be shown, a judge ruled Tuesday.

Pistorius' lawyers failed in their bid to stop any part of the trial being broadcast as a judge sitting in the North Gauteng High Court ruled mostly in favour of TV and radio applicants.

THE ASSOCIATED PRESS

NBA

Knicks' Felton faces gun charges

New York Knicks point guard Raymond Felton has been arraigned on two weapons possession charges after a lawyer for his wife turned in a loaded semi-automatic handgun to a Manhattan precinct.

He was released on $25,000 bail.

THE ASSOCIATED PRESS

NBA

"There's only so many ways you can talk about off-court stuff until really the focus is on basketball and how the team is doing."

Brooklyn Nets centre Jason Collins, the first openly gay player in NBA history, says it's up to the media to decide when the story becomes more about him just being a basketball player.

Raptors beat up on Brampton Cavaliers in Cleveland

Toronto Raptors bigs Amir Johnson, left, and Patrick Patterson swarm Cavaliers forward Tristan Thompson on Tuesday night in Cleveland. Thompson had 13 points, nine rebounds and two blocks but fellow Bramptonian Anthony Bennett had just two points on 0-for-5 shooting as the Cavs lost 99-93 to the Raptors who got a game-high 33 from DeMar DeRozan.

TONY DEJAK/THE ASSOCIATED PRESS

Carlyle hopes Leafs have s'more to give

Mini camp in Toronto. Coach approaching post-break training similarly to how he would the start of a season

Sixty games into the NHL season, Randy Carlyle and the Toronto Maple Leafs are back to square one.

The Leafs resumed practising last week following their Olympic break. They open the post-break part of the season Thursday night in Uniondale, N.Y., against the Islanders, their first contest since a 3-1 home win over Vancouver on Feb. 8.

With so much time between games, Carlyle has taken the approach in these practices that he did back in September when Toronto opened training camp.

"We hope it (the break) helps everybody but again, you don't know until you start playing the games," Carlyle said following Tuesday's session. "What we've tried to do is simulate a little bit of a mini training camp here and try to get our players back in top form that we can hit the ice playing the way we left the ice."

Toronto (32-22-6, 70 points), headed into the Sochi Games on a sparkling 11-2-1 run. The Leafs are tied with Montreal for fourth in the Eastern Conference standings, one point behind third-place Tampa Bay and eight behind second-place Boston. Pittsburgh (40-15-3, 83 points) leads the way.

THE CANADIAN PRESS

Clarkson committed to getting better

"The one thing about Clarkie is over the break he didn't go away like a lot of the players. He had some things to do at home and he worked out and maintained a high level of conditioning and it shows here in this mini-camp." **Randy Carlyle** on Leafs forward David Clarkson. While many Leafs headed south over the break, Clarkson remained in Toronto. Suspensions and injuries have limited Clarkson to just four goals and six assists in 39 games with the Leafs.

Resting his best

Linemates Phil Kessel and James van Riemsdyk didn't practise Tuesday. The Americans arrived from Sochi Monday and Carlyle will make sure both get sufficient rest.

4 SPORTS

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Tulowitzki terse on Yankees trade talk

MLB. All-Star shortstop not opposed to idea of replacing Jeter in N.Y.

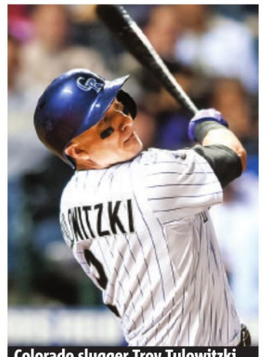
Troy Tulowitzki grew up idolizing Derek Jeter. It's the reason he wears No. 2.

Now Tulowitzki hears daily chatter about possibly taking over for the retiring Jeter at shortstop in New York.

"I take it as an honour for someone to think of myself as someone that possibly could replace him," Tulowitzki said Tuesday.

That doesn't mean the three-time All-Star wants to leave Denver. It's just that he knows after four straight years out of the playoffs, after all the injuries that have sidelined him, this season could determine his future.

"I'd love to stay here my whole career," Tulowitzki said. "But I know if you lose, other teams may be calling or things might happen."


Colorado slugger Troy Tulowitzki
DUSTIN BRADFORD/GETTY IMAGES

The 29-year-old Tulowitzki still has seven years left on a $157.5-million contract that runs through the 2020 season. It's a figure that will weigh on the Rockies if they don't contend soon.

It's also a price tag the Yankees could absorb as they look to replace Jeter, who announced earlier this month he'll retire at the end of the season.

Tulowitzki broke in with the Rockies at the perfect time. He played in a career-high 155 games and hit 24 home runs as a rookie in 2007 when Colorado reached the World Series. They were back in the post-season two years later when he slugged .552.

They haven't been to the playoffs since. And Tulowitzki has played in only 438 of a possible 648 over the past four seasons. There was a broken wrist, a serious groin injury and broken ribs. When healthy, Tulowitzki is a feared hitter. He batted .312 with 25 home runs and 82 RBIs in 126 games last season.

Tulowitzki is upbeat this spring having finally entered camp healthy. He's one of the first players to arrive at the team's spring training complex each morning.

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Subaru's WRX appeal

PHOTOS: WHEELBASEMEDIA.COM

Review. Who says sport cars need to have two doors and must be parked for the winter?

MALCOLM GUNN
wheelbasemedia.com

Compact sedans appeal to a buyer's practical nature. But in the WRX's case, the appeal includes a lively powerplant, four-season driving competency plus sporty suspension and steering components that effectively manage the snakiest of paved and unpaved roadways.

Subaru has made a name for itself providing all-wheel-drive family transportation, but that's just part of the story. Its more competitive side includes the rear-wheel drive BRZ sports car and a couple of turbocharged WRX-branded models with rally-racing pedigrees that makes performance fans salivate.

The 2015 WRX that arrives this spring receives the all-new treatment, but in the process sheds its hatchback option. That's a bit surprising since hot hatches are seemingly all the rage, but since its major competitor, the Mitsubishi Evolution, is strictly sedan-only, Subaru appears to have concluded that a matching sedan is the way to fly.

The WRX has also jettisoned its Impreza tie-in. Henceforth the WRX and the more potent WRX STI offshoot that arrives in updated form later this year will be treated as stand-alone models. While not as eye-catching as the WRX Concept that was revealed at the 2013 New York Auto Show, the production version adopts the cleaner lines of the Impreza, especially from the windshield forward.

Overall, the WRX gains an inch between the front and rear wheels and rear-seat legroom is up by two inches. Additionally, wider-opening rear doors allow easier access to the split-folding rear seat, while trunk space has been modestly increased.

Subaru has done a great job with the WRX's interior accommodations. There's a meaty flat-bottom tilt and telescopic steering wheel that fronts dual gauge pods. They're separated by a small display screen with gear selection, oil and washer-fluid indicators. A larger dash-mounted screen is linked to the standard backup camera and displays turbocharger boost and traction and climate control info.

It's connected to a new six-speed manual transmission (a replacement for the previous five-speed gearbox), while a continuously variable unit (CVT) with paddle shifters is available. This option might surprise WRX fans, but the real surprise is how it mimics a traditional multi-speed automatic. The CVT has six built-in steps when the driver switches to either Intelligent or Sport mode from a steering-wheel-mounted switch. There are eight ratios when the Sport Sharp mode is selected.

The WRX's chassis is now 41 per cent stiffer, with front and rear springs and a front anti-roll bar that have been similarly beefed-up. Larger-diameter front disc brakes also provide greater stopping power. The standard all-wheel-drive has a torque split of 50:50, front to rear, for manual-transmission cars and a 45:55 for CVT versions. Depending on traction, up to 100 per cent of the power can be directed to either axle.

For an estimated base price of $34,500, the WRX comes with lots of gear, but moving up to the Sport Package adds a sunroof, trunk spoiler, LED headlights and an eight-way power driver's seat. The loaded WRX Sport-tech Package includes all of the above content plus keyless push-button start, touch-screen navigation and a 440-watt Harmon Kardon audio system.

The more sophisticated WRX continues on its path of refinement, backed by enough power and agility to keep all aboard amused and secure. What more could you want in a four-season sports car?

Compare

1 Ford Focus ST
Base price: $31,700

2 Honda Civic Si sedan
Base price: $27,900

2015 Subaru WRX

- **Type.** Four-door, all-wheel drive compact sedan
- **Engines (hp).** 2.0-litre DOHC H4 (268)
- **Transmissions.** Six-speed manual; continuously variable (CVT) opt.
- **Base price (incl. destination).** $34,500

Design

The bulging front and rear fenders, recessed hood-mounted air intake and optional rear spoiler (subtle when compared to the STI's massive wing) remain in evidence, but the whole package now appears better integrated with the rest of the body.

Engine

For 2015, a turbocharged 2.0-litre four-cylinder engine similar to that used in the Subaru Forester produces 268 horsepower and 258 pound-feet of torque. That compares to the previous WRX's 265/244 numbers.

5 DRIVE

Last gen CR-V looks largely trouble-free

Second gear.
2007-2011
Honda CR-V

JUSTIN PRITCHARD
drive@metronews.ca

The CR-V was Honda's top-selling entry into the compact crossover segment occupied by Toyota, Mazda, Nissan, Ford and others. With four-cylinder power on all models, a reputation for reliable and fuel-efficient performance and plenty of flexible utility, it was a machine that connected well with Canadian families. Look for the five-seat crossover with features like heated leather, a sunroof, navigation, Bluetooth, automatic climate control and available real-time four-wheel drive. A five-speed automatic was included on all models. Shopping used? Note that CR-V's naming convention saw lower-end models wearing the 'LX' badge, while EX, EX-L and EX-L Navi models filled the range.

Common issues

Many owners taking to online forums have complained about the durability of the CR-V's factory tires. Make double sure the tires on the model you're considering aren't about to require an expensive replacement. Have a mechanic inspect the CR-V's brakes as well, ensuring they have plenty of life left. While the vehicle is in the air, said mechanic can also check the underside for signs of damage or fluid leakage. Some owners have complained of oil consumption. Some amount is considered normal on virtually every vehicle — though test-drivers are advised to check the CR-V's oil level and condition, and ensure the seller was fond of frequent, high-quality oil changes. Ensure the CR-V you're considering tracks straight and smooth down the road, and question any 'pulling' or vibration felt through the steering, which could be evidence of a front-end steering or suspension issue. Triple check for proper operation of the locks and door handles on all doors, and the hatchback as well. Also, note that the air conditioning system should blow ice-cold air almost instantly after it's engaged. If that's not the case, a bad AC compressor may be to blame. A light, metallic rattle coming from beneath the vehicle may be caused by a rusty or loose catalytic converter heat shield, which some owners simply remove to stop the noise. Ensure all fluid changes are up to date, and note that a 'whining' noise during steering at low speeds could be caused by a worn-out power steering pump, or low power steering fluid level.

PHOTO: HONDA

What owners like

Owners tended to rave about the CR-V's driving position, surprisingly spacious interior, abundant storage facility, flexible cabin, ride quality and maneuverability. Additionally, owners of models with the real-time four-wheel drive system speak highly about the all-weather traction.

What owners dislike

Numerous owners wish for more comfortable seats, a 'richer' and higher-quality cabin feel, and less wind and road noise at speed.

Engine

Power, in any case came from a 2.4 litre four cylinder making 166 horsepower. That figure was bumped to 180 later in the CR-V's life.

The verdict

Expensive, driveline-related issues with the CR-V seem to be a non-issue in this generation. Problems are likely to be minor, and owners of a well-maintained used model can expect reliable operation and a used crossover price premium in exchange for it.

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

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Wise customers read the fine print: †, ♦, ≤, ‡, *, ∞, Ω, § The It's Showtime Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after February 1, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 36 months available on new 2014 Jeep Cherokee models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. 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Charge of $0.18 per excess kilometre. Some conditions apply. ≤Total Discounts of $2,500 consist of $2,500 Lease Cash on the 2014 Jeep Grand Cherokee Laredo (23E) and are deducted from the negotiated lease price before taxes. ‡4.29% purchase financing for up to 96 months available on new select models through Royal Bank of Canada, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of $21,495, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $122 with a cost of borrowing of $3,937 and a total obligation of $25,432.14. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ∞NO PURCHASE NECESSARY. Contest ends February 28, 2014 at 11:59:59 p.m. ET. Open to legal Ontario residents over the age of majority at the time of entry. One (1) entry per person. To enter, purchase/finance/lease any new 2012, 2013 or 2014 Chrysler, Jeep, Dodge or Ram vehicle (excluding SRT Viper models) during the contest period. Each grand prize consists of a pair of VIP tickets and a trip to watch the 2014 Battle of Ontario in Ottawa on April 12, 2014. Tickets are for April 12 ONLY. Prize includes round trip travel for two and two night's hotel accommodation (if required). Approx. value: $5,000 per prize. Skill-testing question required. For complete contest rules, including no purchase means of entry, go to: www.chrysleroffers.ca/battleofontario. ΩFinance Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating dealers from February 1, 2014 to February 28, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat with an eligible standard/subvented finance or lease contract maturing between January 1, 2014 and December 3, 2016. Trade-in not required. See retailer for complete details and exclusions. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ΦJeep Grand Cherokee has received more awards over its lifetime than any other SUV. √Based on 2013 *Ward's* Small Sport Utility segmentation. 1Based on 2014 *Ward's* Sport and Cross Utility segmentations. 2Based on 2013 *Ward's* Small Cross/Utility segmentation, approach angle, departure angle, breakover angle, and water fording depth. Excludes other vehicles designed and manufactured by Chrysler Group LLC. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

I'm glad they don't make 'em like they used to

Driving Force. Yes, classic cars can be timeless and beautiful but don't forget how lucky we are that the automobile evolved ... no more crank starts!

JIL MCINTOSH
Drive@metronews.ca

You've probably heard someone say, "They don't make 'em like that anymore," when comparing old cars to new ones. But while cars certainly have changed, that's not really a bad thing.

"You can be nostalgic, but there were all sorts of compromises," says Richard Pickering, retired producer of the Signature Classics Collection at the Canadian International Auto Show in Toronto. "Everything today, for all practical purposes, is better than it was back then."

The automobile's progress has always been an evolution, from cars that initially had to be cranked to start, to engines today that fire up almost instantly, thanks to computerized ignitions and fuel injection. Improvements in cooling systems have all but eliminated the overheated vehicles on the side of the road that used to be the norm in hot weather, while flat tires have become relatively rare due to better construction and rubber compounds.

Engines have also become far more efficient. In 1958, the first year of the Chevrolet Impala, you could order one with a 8-cylinder engine that made 250 horsepower, with fuel consumption of about 23 litres per 100 kilometres. A 2014 Impala gets 305 hp out of its V6 engine, and it's rated at 9.2 l/100 km. The new model also steers and handles better, has far better brakes, and considerably less body flex.

However, it's also pricier: when the 1958's price is converted to 2014 dollars, the new Impala costs about $12,000 more.

Perhaps the biggest change over the years has been in safety.

"Most people didn't have seatbelts, let alone use them," Pickering says. "You just had a bit of padding on the dash, a deep-dish steering wheel, and a collapsible steering column to keep it from being a spear."

In addition to anti-lock brakes, stability control and airbags, newer cars also have crumple zones, introduced by Mercedes-Benz in 1959. Some people complain that new cars fold up in a collision, unlike older cars that stay rigid, but it's a design that has helped to consistently lower the crash fatality rate, even though there are more cars on the road.

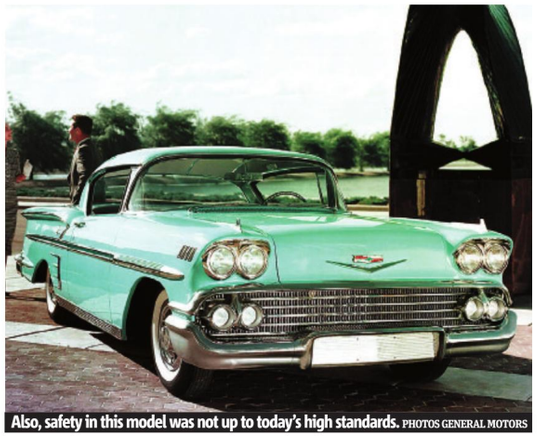
As a modern car's body progressively crumples, it absorbs and dissipates the crash energy. In older vehicles, the rigid body transferred that force to the occupants, slamming them into the interior components.

Old cars had a certain style, although the annual design changes on American cars meant there wasn't always time to get the fit-and-finish right. "The excessive use of chrome, the tail fins, catches our eyes today," Pickering says. "But what do I drive every day? It isn't a vintage car."

Interesting facts

- **Short warranties.** While some vehicles have a warranty for as long as five years or 100,000 km today, a typical 1940s warranty lasted only 90 days or 6,500 km.
- **False advertising.** Most old cars didn't actually make as much power as was advertised, due to the test standards at the time.
- **First self-starter.** The first gasoline car with a self-starter, which eliminated cranking the engine, was the 1912 Cadillac.

The 1958 Chevrolet Impala was aesthetically pleasing but steering and power lacked.



Also, safety in this model was not up to today's high standards. PHOTOS GENERAL MOTORS

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PAYMENTS LIKE THEY WERE 15 YEARS AGO
airportkia.ca

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Forte SX shown△
THE ALL-NEW 2014 FORTE LX
THROWBACK PRICING
WAS $98 plus HST
$78* plus HST BI-WEEKLY for the first 15 MONTHS.
0%* financing
Includes Variable Throwback Pricing Incentive. $78 bi-weekly payments include the $640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (FO541E), financing for 84 months. After 15 months, bi-weekly payments increase to $98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

Rondo EX Luxury shown△
THE ALL-NEW 2014 RONDO LX
6.2L/9.4L
THROWBACK PRICING
WAS $128 plus HST
$88* plus HST BI-WEEKLY for the first 15 MONTHS.
0%* financing
Includes Variable Throwback Pricing Incentive. $88 bi-weekly payments include $1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (RN55IE), financing for 84 months. Offer includes $750 loan credit‡. After 15 months, bi-weekly payments increase to $128. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

Sportage SX Luxury shown△
THE ALL-NEW 2014 SPORTAGE LX
7.0L/10.0L
THROWBACK PRICING
WAS $146 plus HST
$99* plus HST BI-WEEKLY for the first 15 MONTHS.
1.49%* financing
Includes Variable Throwback Pricing Incentive. $78 bi-weekly payments include the $640 Throwback Pricing Incentive. Payments are based on 2014 Forte LX MT (FO541E), financing for 84 months. After 15 months, bi-weekly payments increase to $98. Throwback Pricing Incentive may be taken as a lump sum or to reduce the financed amount.*

FACTORY AUTHORIZED DEMO SALE

2014 Kia Forte SX With Navigation
stk 14318
Navigation, Sunroof, Leather, Push Button Start, Rear View camera, Driver ventilated Seat and Many more
Cash purchase Price: $23,995 +HST
(including $2000 Manufacturer cash Rebate) Or Finance it for 0% 84 month based on selling price of $25,515

2013 Kia Rio LX+ Sedan
Stk 13414
Automatic, A/C, Front Heated Seats, Hands free Bluetooth with voice activation, Power Group, ABS, ESC, Cruise Control, and More
Cash purchase Price: $13,995 +HST
(including $2500 Manufacturer cash Rebate) Or Finance it for $45/Week plus HST for 0% 60 month amortized over 84 month based on selling price of $16,495

2013 Kia Optima EX Turbo Plus Sunroof
Stk:13409
2.0 L 274 HP Turbo Engine, Panoramic Sunroof, Leather, Push Button Start, Rear View camera, Rain Sensing Windshield, Automatic Defog system and Many more
Cash purchase Price: $24,995 +HST
(including $3500 Manufacturer cash Rebate) Or Finance it for 0% 60 month amortized over 84 month based on selling price of $27,215

2013 Kia Sportage EX Luxury plus Panoramic Sunroof
Stk 13422
AWD, Panoramic Sunroof, Leather, Push Button Start, Rear View camera, Driver ventilated Seat and Many more.
Cash purchase Price: $29,995 +HST
(including $4000 Manufacturer cash Rebate) Or Finance it for 0% 60 month amortized over 84 month based on selling price of $33,035.

2013 Kia Optima LX
Stk 13374
A/C, Power Drivers Seat, Front Heated Seats, Cruise Control, Automatic, Hands free Bluetooth with voice activation, Power Group, ABS, ESC and More.
Cash purchase Price: $21,995 +HST
(including $3500 Manufacturer cash Rebate) Or Finance it for $66/Week plus HST for 0% 60 month amortized over 84 month based on selling price of $24,215.

2013 Kia Sorento EX Luxury with Navigation
Stk 13379
AWD, Navigation, Panoramic Sunroof, Leather, Push Button Start, Rear View camera, Driver ventilated Seat and Many more.
Cash purchase Price: $31,995 +HST

2010 Certified Pre Owned Kia Rio
stk 1366-1
Automatic, A/C, Power group, Bluetooth and More.
Cash purchase Price: $8,995 +HST
Finance it for $33/Week plus HST for 0% for 72 month. Cost of the borrowing $1634.

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Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by February 28, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Forte LX MT (FO541E)/2014 Rondo LX MT (RN51E)/2014 Sportage LX MT FWD (SP551E) with a purchase price of $17,913/$23,993/$25,193 (including $1,485/$1,665/$1,665 freight/PDI and $399 administration fee) financed at 0%/0%/1.49% for 84-month period equals 52 reduced bi-weekly payments of $78/$88/$99 followed by 150 bi-weekly payments of $98/$128/$146. Cost of borrowing is $0/$0/$1,343.86 and total obligation is $17,913/$23,993/$26,536.86. Throwback Pricing Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. The Throwback Pricing Incentive for the 2014 Forte LX MT (FO541E)/2014 Rondo LX MT (RN55IE)/2014 Sportage LX MT (SP55IE) shown is $640/$1,280/$1,504 (a $20/$40/$47 reduction in 32 bi-weekly payments). Limited time offer. See retailer for complete details. Throwback Pricing is a trademark of Kia Canada Inc. ‡Loan credit for 2014 Rondo LX MT (RN55IE) is $750 and is available on purchase financing only on approved credit (OAC). Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. 0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (FO748E)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury (RN756E) is $26,195/$38,295/$32,195. ⊠Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Sportage 2.4L 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation. All financing offers are based on Approved Credit.

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ON SELECT NEW 2013 AND 2014 MODELS

ST Model Shown

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 12 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $600 on 2013/2014 [Focus S and Fiesta S], $750 on 2013/2014 [Focus (excluding S), Fiesta (excluding S) and 2014 [CMAX], $1,000 on 2013/2014 [Fusion], 2014 [Mustang (excluding Shelby GT500), Escape], $1,250 on 2013/2014 [Taurus, Edge], 2014 [F-150 Regular Cab, Super Cab, and Super Crew], $1,500 on 2013/2014 [Flex], 2014 [Explorer]; $1,750 on 2014 [Expedition]. All Mustang Shelby GT500, Transit Connect, E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer. Finance customers will receive a cheque for the amount of their First 4 Bi-Weekly Payments from the dealer. For RCL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. ‡Until February 28, 2014, purchase a new 2014 Focus S/2014 Escape S FWD/ 2014 Fusion S/ for $17,428/$25,318/$23,798 (after Manufacturer Rebate of [$0/ $0/$0] deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. **Until February 28, 2014, lease a new 2014 Ford Escape S or 2014 Ford Fusion S for up to 48 months and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above-noted model with a value of [$25,318/$23,798] (after [$1,000/$0] down payment or equivalent trade in and [$500/$0] manufacturer rebate deducted) at 0% APR for up to 48 months with an optional buyout of [$9,967/$9,424], monthly payment is $299, total lease obligation is [$15,352/$14,352], interest cost of leasing is $0 or 0% APR. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 32,000km for 24 months applies. Excess kilometrage charges are 12¢per km for Fusion and Escape, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. ††Until February 28, 2014, receive 0% APR purchase financing on new 2013 Edge SE/SEL/ $34,772 and 2014 Edge SE for up to 48 months, 2013 Fusion, Taurus, Flex and 2014 Taurus and Escape models for up to 60 months, and 2013/2014 Ford Focus (excluding BEV) and Fiesta models for up to 72 months. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $521/$417/$362 respectively. Cost of borrowing is $0. Offer not available on Transit Connect XL 4x2 Value Leader, Transit Connect (excluding Electric), Edge / 2013 [Taurus SE] / 2013 [Edge FWD (excluding SEL), 2014 [Mustang V6 Premium] / 2013 [Escape 1.6L, Taurus (excluding SEL), 2014 [Mustang GT] / 2013 [Escape 2.0L] / 2013 [Expedition], 2014 [F-250 to F-450 (excluding Chassis Cabs) - Gas Engine]/ 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2014 [F-150 Super Cab and Super Crew] / 2014 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine]/ 2013 [F-150 Regular Cab (excluding XL 4x2)/ 2013 [Focus BEV]/ F-150 Super Cab and Super Crew] - all Raptor, GT500, BOSS302, and Medium Truck models excluded. ^^Toronto Maple Leafs®, "Leafs" and associated word marks and logos are trademarks of Maple Leaf Sports & Entertainment Ltd. and are used under license. ^Toronto Raptors" and associated word marks and logos are trademarks, designs and other forms of intellectual property of NBA Properties, Inc. and the Toronto Raptors and are used under license © 2014 NBA Properties, Inc. ^^Estimated fuel consumption ratings for the 2013 Focus 2.0L I4 5-Speed SST/ 2014 Escape 2.0L GTDI I4 6-Speed Automatic, 2013 F-150 4x4 5.0L – V8 6-Speed Automatic. Fuel consumption ratings based on Transport Canada-approved test methods. Model shown is 2013 F-150 4x4 5.0L – V8 6-Speed SST/ 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ^Offer only valid from December 3, 2013 to January 31, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before November 30, 2013 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV, and Medium Truck) or Lincoln vehicle (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$ 1,000 offer is deducted. ◊Claim based on analysis by Ford of Polk (global new registration for CY2012 for a single nameplate which excludes retailer/dealer vehicles, platform derivatives or other vehicle nameplate versions. ¥Based on year-end 2010, 2011, 2012 and 2013 total sales figures for right vehicles in Canada from DésRosiers Automotive Consultants Inc. (and Canadian Vehicle Manufacturers' Association data exchanged by OEMs). ¤2014 Sirius Canada Inc. "SiriusXM" , the SiriusXM logo, Channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Parts department

WHEELBASE MEDIA

Lego-built V8

You can really build just about anything using Lego pieces, as proven by Slovenia-based LPEpower. The company specializes in making fully assembled working scale-models of various engines, including the V8 shown here. It's apparently patterned after a Ford Mustang engine and will rev up to 2,200 rpm using compressed air to activate the 31 moving parts, including pistons, crankshaft, balance shaft and valves. The engine weighs about a third of a kilogram and is about 10x12x12 centimetres tall. Check out the video of a working engine and order one for about $425 US (including worldwide shipping) at LPEpower.com.

A clean oil change

You can save money by changing your own oil, but crawling underneath your car to do it can be a hassle and, of course, messy. A much simpler and cleaner method is to purchase an Oil Extractor from Bavarian Autosport. The company's system works by inserting the extraction hose down the dipstick tube (after first removing the dipstick, of course) and manually pumping out the contents of the engine's crankcase into the attached seven-litre tank (note that you'll need to first install a fresh oil filter before starting the extraction process). Then you refill the engine with clean oil. It doesn't get much easier than that and no more trips to the dealer or quick-oil-change centre. The Oil Extractor sells for $90 US and is available from bavauto.com.

Power from above

The Chamberlain Garage Power Station is a combination of 100-pounds-per-square-inch air hose, 100-watt LED trouble light and 120-volt plug-in power source that you attach to the ceiling of your garage. The Power Center unit also comes with a built-in hook and an eight-metre retractable cord that you can set to any length so it's always close at hand and will reach just about anywhere on your vehicle. The Home Depot sells the Power Station for $140 in Canada, or you can order directly from the company online at chamberlain.com.

What's the charge?

According to CTEK Power Inc., 70 per cent of all car batteries that are returned under warranty have been improperly maintained. But aren't batteries maintenance-free? Not exactly, and sitting for long periods can be the kiss of death. So, by attaching one of the company's battery chargers, you'll get an instant readout as to your battery's condition. The three light-emitting diode (LED) lights on the panel glow either green for fully charged, yellow for a partial or low charge, or red to indicate the battery needs charging right away. Prices range from $50 US for the base model, up to $250 US for one with all the bells and whistles. The full range is available through CTEK's Web site, smartercharger.com.

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AUTO PILOT
Mike Goetz
drive@metronews.ca

The 2014 Indian Chief's leather fringed side bags say vintage all over. CONTRIBUTED

The Castrol Rocket was built to break land-speed records. CASTROL

Not much motorcycling going on Canadian roads this winter, unless you're one of those hardy souls who ride year-round with no sense in your head and lots of long underwear swaddling your nether regions.

But there is lots of motorcycle action to be had indoors, such as in The Motorcycle Show (operated by Power Sport Services) crossing the country this winter.

This past weekend the show touched down at Toronto's Direct Energy Centre, a newish venue, bigger and better than in previous bike shows, even though the hot dogs and pizza slices still cost eight bucks or so.

I love motorcycle shows almost more than automotive shows, mostly because of this fact: cars have adjustable seats and steering wheels and motorcycles don't.

Consequently, motorcycles have to fit your body type and your preferred riding position before you could even consider anything else about it … And the only way to determine a good fit is to throw a leg over the bike and sit on it. A motorcycle show lets you do that over and over again, even if you're not in the market for anything and just doing it for curiosity sake.

Way more entertaining than trying on jeans for example, and also less claustrophobic.

Of course there are always bikes on a show floor you can't sit on, because they're super special in some way, and the Toronto show had two such knockouts: the Triumph Streamliner called the Castrol Rocket and the century-old Indian Boardtrack Racer.

The Castrol Rocket is built to break the world land-speed record for motorcycles, currently set at 605 kilometres per hour. The goal of the Castrol Rocket is 643 km/h.

The 25-foot long "motorcycle" has Carbon Kevlar monocoque construction, and two turbocharged Triumph Rocket III engines running on methanol, for about 1,000 horsepower, give or take.

Even though quite a few motorcycles have been designed since 1913, many feel the Indian Boardtrack factory racer, circa 1913, to be one of the most beautiful and purist motorcycle designs ever conceived.

I guess it helps when you don't have to put a lot of extraneous features on the bike, like rear suspension, a starter, lights … and brakes! These bikes really only have two controls, a spark advance and a kill switch.

These bikes are rare and incredibly valuable, but this particular one is even cooler, because it is an original, in unrestored condition and believed to be actually raced in Toronto back in the day, by legendary Canadian motorcycle board track and flat track racer, Harold Cole.

So the Castrol Rocket was the fastest bike at the show and the Indian was the oldest. Let's look at a couple of other categories you might be wondering about…

Frilliest? Probably the 2014 Indian Chief, by virtue of its totally vintage and outlandish leather-fringed side bags.

Most Frugal? Probably the new 2014 Honda Grom. Not only is it small, but the 125-cc powered bike is also a category buster. What is it? Big mini bike? Small motorcycle? Medium weight lifting equipment?

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LEASE SPECIAL $75 bi weekly $1995 down @ 2.49% 36 months lease excludes HST
FINANCE SPECIAL $99 bi weekly $1995 down @ 3.79% 84 months excludes HST
MODEL CODE: D4XK64 AA00

2014 Mazda5
STANDARD FEATURES INCLUDE:
2.5L,157HP, 6 Speed, 16"Alloy, Automatic head lights, Rain sensing wipers, Power door locks Key less entry, 4 speakers, Auto climate control
LEASE SPECIAL $142 bi weekly $1595 down @ 2.49% 48 months lease excludes HST
FINANCE SPECIAL $128 bi weekly $1595 down @ 0.99% 84 months excludes HST
MODEL CODE: E6SD64 AA00

2014 Mazda6
STANDARD FEATURES INCLUDE:
2.5 L Skyactive Engine, 184HP, 6 Speed transmission, Heated front seats, 5.8' colour touch screen, Push button start, Air conditioner, USB input, LED tail lights, 17" alloys wheels, Blue tooth, Cruise control, Trip computer, Ventilated disc brakes, Traction control, 6 air bags
LEASE SPECIAL $119 bi weekly $2649 down @ 2.19% 60 months lease excludes HST
FINANCE SPECIAL $147 bi weekly $2649 down @ 3.49% 84 months excludes HST
MODEL CODE: G4XL64 AA00

2014 CX-5
STANDARD FEATURES INCLUDE:
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LEASE SPECIAL $121 bi weekly $2789 down @ 2.49% 60 months lease excludes HST
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Horoscopes

♈ Aries
March 21 - April 20
You may be anxious to see progress but if you take a risk too many, you could take a rather big step in the wrong direction. If you do, there is no point rebuking yourself. It happens sometimes.

♉ Taurus
April 21 - May 21
You seem to be putting off something you know you will enjoy. Whatever the reason, you need to get started on it soon. Don't worry that there may be an element of risk.

♊ Gemini
May 22 - June 21
Everyone at some time or another wishes they could go back and undo what they have done. With that in mind, don't be too hard on yourself if you realize you could have done more or done better.

♋ Cancer
June 22 - July 23
Even the experts get it wrong and if your hunches tell you that someone in a position of influence does not know what they are talking about, then by all means ignore any advice they give you.

♌ Leo
July 24 - Aug. 23
Be careful you don't get swept and end up doing things you might later regret. It's rarely a good idea to follow the herd and someone with your enquiring mind has no need to let others think for them.

♍ Virgo
Aug. 24 - Sept. 23
Patience is a must today because if you act impulsively you will lose out. You may be frustrated that something you are working on isn't progressing as quickly as you would like but what's the rush?

♎ Libra
Sept. 24 - Oct. 23
It would be nice if you could solve all the world's problems, but be realistic: You can't come close. What you can do is join with those who share your views and aim to change one specific thing for the better.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that what you say over the next 24 hours will be taken the wrong way and used against you in the future. Misunderstandings can be costly, so spell out what you mean in plain language.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need help, speak up. You have helped others out so many times in the past that they will go out of their way to help you in return, but they can't do that unless they know you are hurting.

♑ Capricorn
Dec. 22 - Jan. 20
You don't mind taking chances but with Jupiter in your opposite sign at odds with Uranus, planet of the unexpected. Today, it might be better to play safe. There is no such thing as a sure thing.

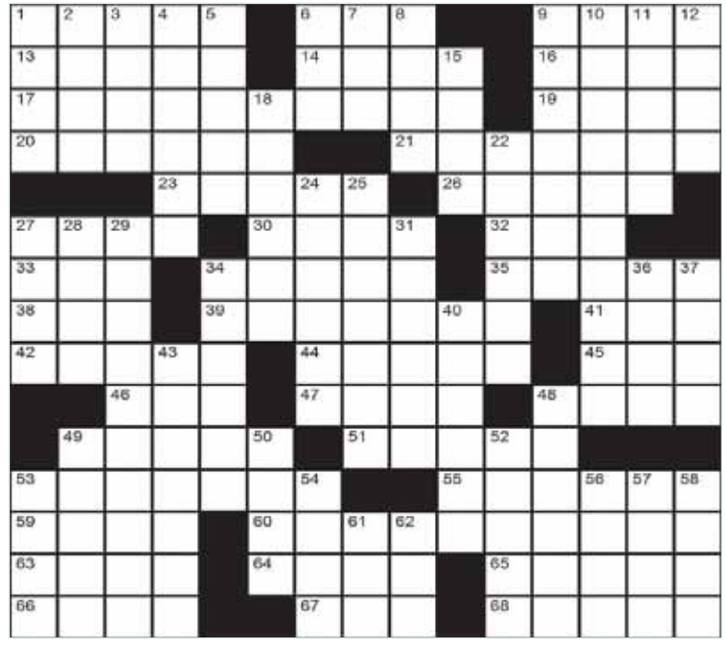
♒ Aquarius
Jan. 21 - Feb. 19
You want to do something for people who are less well off than you. That's noble but don't throw money at the first good cause that comes along. Get involved in a project that will make a lasting difference.

♓ Pisces
Feb. 20 - March 20
With Jupiter and Uranus at odds today, any decision you make is likely to have unforeseen consequences. Leave thing alone for the next 24 hours. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

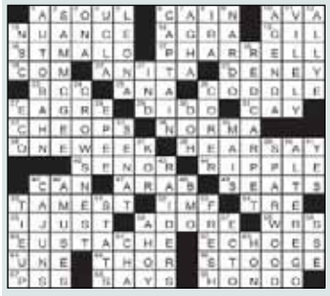
BY KELLY ANN BUCHANAN



Across
1. Vancouver stadium, BC __
6. Conrad __ (Actor on Bravo's set-in-Montreal police drama "19-2")
9. Nunavut: King William Island settlement, __ Haven
13. U2's drummer
14. Verdi opera
16. 'Exfol' ending
17. Best Picture winner directed by Clint Eastwood
19. X-__ knife
20. Add earth again
21. Have, as pretzels: 2 wds.
23. Type of religious belief
26. Declares
27. Zigs pals
30. Catriona Le May __
32. US docs' org.
33. Bread's "Baby __-_ Want You"
34. Sierra __
35. "Royals" singer
38. __'easter
39. Chrysler Building's style: 2 wds.
41. Fresh
42. Certain chamber
44. __ __ stock (Was available)
45. Ms. Gabor
46. Gladiator's 151
47. European erupter
48. Press
49. West or East, in Canada
51. Footnote abbr. meaning 'and the following' in Latin: 2 wds.
53. Extinct culture of Newfoundland
55. "Downtown" singer Ms. Clark
59. Dog food brand
60. Adhesive kind: 2 wds.
63. Jazzy Ms. Laine
64. "Who knows?" = "Qui __?" en francais
65. "_ __ a Message" by INXS
66. 'Life Is Peachy' band
67. Bigger sizes, e.g.
68. __ humains (Human beings, in French)

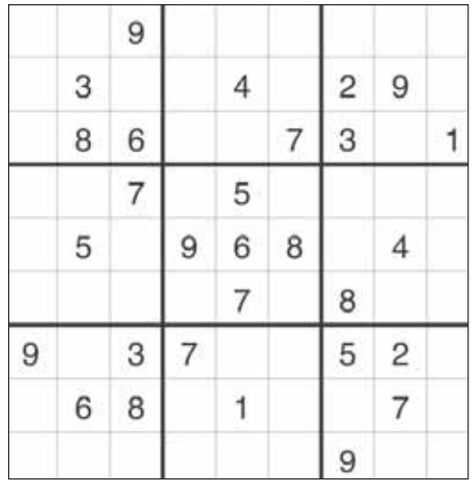
Down
1. Not singular [abbr.]
2. Street for Lois?
3. Pound sounds
4. 2014 Best Animated Feature nominee, "The __"
5. Hawk's habitation, variantly
6. Gambling game, __ Gow
7. Ms. Ullmann
8. Citrus coolers
9. Opera composer Mr. Puccini
10. Movie bigwig (b.1892 - d.1978) from London, ON who formed a still-existing-today movie studio with his brothers: 2 wds.
11. Mr. Preminger's 12. "__ Flux" (2005)
15. Ms. Faris
18. Sailplane
22. Newfoundland: __ Peninsula
24. Comfort
25. Authorization
27. Multivitamin mineral
28. Love: Spanish
29. "High Noon" (1952) star who won Best Actor: 2 wds.
31. "You __ bother."
34. On the tardy side
36. "Whip It" band
37. Mr. McGregor
40. The Company operative: acr. + wd.
43. Oliver Stone's Best Director war movie
48. Smartness meas.: 2 wds.
49. Stringed instrument
50. Wed's predecessor
52. Spooky
53. Not front
54. 2001 planetary Kevin Spacey flick
56. Addict
57. Queue
58. Ets equivalents
61. Lubricate
62. Cadillac's lettered sedan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	8	7	9	2	5	3	1
1	5	3	6	8	4	7	9	2
9	2	7	1	5	3	6	8	4
5	1	4	8	3	7	2	6	9
3	6	9	2	4	5	8	1	7
7	8	2	9	6	1	3	4	5
8	9	5	4	7	6	1	2	3
4	3	1	5	2	8	9	7	6
2	7	6	3	1	9	4	5	8

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